

Life Is a Highway

COPPERKNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Sawina (INA) - November 2023
音乐: Life Is a Highway - Rascal Flatts



With Tag & Restart

Intro : 48 Count

S - 1 K STEP - TOUCH TO SIDE - R TOE HEEL STEP WITH SWIVEL TOUCH

1&2& Step R fwd, diagonal - step L fwd diagonal touch beside R - step L back diagonal - Step R back diagonal touch beside L
3&4 Step R back diagonal - step L back diagonal touch beside R - step L fwd diagonal
5&6. Step R touch to side - step R together touch L - step R to side
7&8 Sweavel R heel - sweavel R toe - R touch beside L

S - 2 FORWARD MAMBO - COASTER STEP - PEDAL 3/4 TURN L

1&2 Step R fwd - recover L - step R back
3&4 Step L back - step R together L - step L fwd
5 - 6 1/4 turn R touch (09.00) - 1/4 turn R touch (06.00)
7 - 8 1/4 turn R touch (03.00) - step R touch together L

S - 3 RUMBA BOX - FLICK ON R - FORWARD SHUFFLE

1&2 Step R to side - step L next to - step R fwd
3&4 Step L to side - step R next to - step L back
5 - 6 Step R back - recover L with flick on R
7&8 Step R fwd - steplock L behind R - step R fwd

S - 4 1/2 TURN - FULL L TURN - R TOE HEEL STEP - L TOE HEEL STEP

1&2 Step L fwd - 1/2 turn R (09.00) - step L fwd
3 - 4 Step R fwd 1/2 turn L (03.00) - 1/2 turn L fwd (09.00)
5&6 Touch R toe next to L, Touch R heel inplace, Step R forward
7&8 Touch L toe next to R, Touch L heel inplace, Step L forward

RESTART :

Wall 2 & wall 5 (after 16 Count)

Wall 9 (after 16 C & tag 4 C)

TAG

After wall 7

S - 1 WALK - 1/4 TURN WALK - STEP FORWARD (REPEAT 3X)

1 - 2 Step R fwd, step L fwd
3 - 4 Walk 1/4 turn R (06.00), step L fwd
5 - 6 Walk turn 1/4 R (09.00), step L fwd
7 - 8 Walk turn 1/4 R (12.00), step L fwd

S - 2 SCISSOR R/L - 1/2 TURN L - SHUFFLE

1&2 Step R to side - step L next to R - step R croos over L
3&4 Step L to side - step T next to L - step L croos over R
5 - 6 Step R fwd - 1/2 turn L (wieght to L) (06.00)
7&8 Step R fwd - steplock L behind R - step Rfwd

S - 3 SCISSOR L/R - 1/2 TURN R - STEP FORWARD TOUCH TO SIDE

1&2 Step L to side - step R next to L - step L croos over R

3&4 Step R to side - step L next to R - step R croos over L
5 - 6 Step L frwd - 1/2 turn R (wieght to R (12.00)
7&8 Step L frwd - steplock R behind L - step R Touch to side

S - 4 STEP TO SIDE - HOLD

1 - 2 - 3 - 4 Step R to side - hold

TAG

On wall 9 (after 16 C)

1 - 4 Step R to side - hold

Enjoy The Dance☐☐☐

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